



**Spc. James K. Welch, Co. D, 715th MI Bn., 500th MI Bde., performs a rear-naked choke during the combatives portion of the 500th MI Bde.'s 2015 Best Warrior Competition, held March 2-6, at Schofield Barracks.**

**RELATED STORY**  
• Read about the SMDC's competition on A-3.

# ‘Best of the best’ vie for 500th MI Best Warrior

Story and photos by  
**STAFF SGT. THOMAS G. COLLINS**  
500th Military Intelligence Brigade Public Affairs

SCHOFIELD BARRACKS — Two “Vanguards” from the 500th Military Intelligence Brigade distinguished themselves from their peers during the brigade’s 2015 Best Warrior competition held, here, March 2-6.

Sgt. Eusebio Villamor Jr., assigned to Company A, 205th MI Battalion, and Spc. James K. Welch, assigned to Company D, 715th MI Bn.,

stood in front of a brigade formation as the victors of this year’s competition.

“If you could link something that we do in garrison to what we do in war, this would be it,” said Command Sgt. Maj. James M. Calder, senior enlisted adviser, 500th MI Bde., while speaking with the competitors at the event’s introduction brief. “This is a competition between the Soldiers to your left and your right to see who is No. 1.”

During the competition, Soldiers representing

their company and battalion, were evaluated in 12 areas.

Day one started with an Army Physical Fitness Test conducted in the Army Combat Uniform and tennis shoes, followed by a grueling competition board where senior enlisted members from the brigade fired question after question at each of the competitors.

“The board was intense,” said Villamor. “The questions were rough and covered a variety of topics.”

Days two and three included the 20K foot march, warrior tasks and battle drills, Army combatives, a written essay, an exam and a mystery event.

According to Welch, the mystery event shocked the competitors. Each of them were taken one by one out of a room and placed into a scenario where a SHARP-related event was underway. The faster and more accurately the com-

See **WARRIOR A-3**

# Chief, Army Reserve visits, launches partnership in Hawaii

Story and photo by  
**BRIAN MELANEPHY**  
9th Mission Support Command Public Affairs

FORT SHAFTER FLATS — Lt. Gen. Jeffrey Talley, chief, Army Reserve visited Oahu-based Pacific Army Reserve Soldiers, here, March 3-7.

The first order of business for Talley was to hold a town hall meeting at the assembly hall, here.

He addressed a standing-room only crowd of more than 400 Army Reserve Soldiers, civilians and family members from the 9th MSC, 18th Medical Command, and the Army Reserve Engagement Cell.

During the town hall, Talley took time to talk to the audience and encouraged them to read Rally Point 32.1, the document that lays out his vision, mission and priorities.

He also encouraged all in atten-



**Lt. Gen. Jeffrey Talley (left), chief, Army Reserve, awards the Meritorious Service Medal to Command Sgt. Maj. Thomas Perry, 3301st Mobilization Support Battalion, 9th MSC, during a town hall meeting, March 3.**

dance to become familiar with “Army Reserve at a Glance,” which is a tool for Soldiers across all ranks to share with federal, state and local representatives, employers and community partners.

Talley demonstrated his belief in thanking Soldiers and civilians for their service by presenting United States Army Reserve Command Safety Excellence Awards to the 4960th Multifunctional Training Brigade and the 411th Engineer Battalion.

He then awarded two Meritorious Service Medals to two individuals: Maj. Richard Steele, 9th MSC, and Command Sgt. Maj. Thomas Perry, 3301st Mobilization Support Battalion, 3rd Mobilization Support Group, 9th MSC.

Talley also took time out to re-enlist eight Soldiers.

**Video teleconference**  
Pacific Army Reserve Soldiers sta-

tioned in Hilo, Hawaii, and Fairbanks, Alaska, watched and listened to the town hall via video teleconference.

After the awards and re-enlistment, Talley fielded questions from Soldiers and civilians in the audience and in remote locations.

Talley’s week was full of visits with local Army leadership, community leaders, JROTC cadets, community partners and 9th MSC Soldiers.

On March 6, Talley presided over the first private-public partnership signing in the State of Hawaii, and the first signing in the Army Reserve outside of the Office of the Chief of the Army Reserve.

Brig. Gen. John Cardwell, commander, 9th MSC, signed an agreement with James Murphy, executive director, Honolulu Habitat for Humanity.

See **CHIEF A-3**

# Traffic Code is effective this Monday, 3/16

**U.S. ARMY GARRISON-HAWAII**  
Public Affairs

SCHOFIELD BARRACKS — U.S. Army Hawaii Regulation 190-5, the new US-ARHAW Traffic Code, takes effect Monday, March 16.

The regulation specifies violations for alcohol-related offenses, driving above the posted limit, and driving on a suspended or revoked license, among other violations.

Soldiers, civilians, family members, contractors and other personnel who work, reside or visit an Army installation in Hawaii are subject to this new regulation.

“The regulation allowed us to take four existing policy letters and make them into one sole source document,” said Sgt. Maj. Veronica Regalbuti, senior enlisted adviser, Directorate of Emergency Services, who drafted the policy.

The regulation gives motorists details about driving, distractions and prohibitions when operating motor vehicles, motorcycles, mopeds and bicycles. Each must abide by these regulations and others:

- Use only hands-free cell phones.
- Do not wear portable headphones

See **TRAFFIC A-5**

More Online

Review USARHAW Reg. 190-5 at [www.garrison.hawaii.army.mil/command/documents.htm?tab=1](http://www.garrison.hawaii.army.mil/command/documents.htm?tab=1)

# AER makes a difference during financial duress

Story and photo by  
**KAREN A. IWAMOTO**  
Staff Writer

SCHOFIELD BARRACKS — When Spc. Julian Turner’s mother passed away in November 2014, she had to deal with not only the heartbreak of losing a loved one, but also the stress of settling that loved one’s final affairs.

She reached out to her siblings, but they were also unable to help financially.

She contacted her mother’s health insurance company, but they would not release the full amount of the policy.

Add to this, Turner, who works at the Defense POW/MIA Accounting Agency (DPMAA), still had a job to do, children to feed and send to school, and a household and husband that needed her attention.

“It felt like everyone was looking to me for answers,” she said, but she was still processing her mother’s death.

She finally explained her situation to her first sergeant, who suggested she turn to the Army Emergency Relief Fund.

“I had heard of AER. I had even donated to

them every year,” she said. “But personally, I didn’t like the idea of a loan for fear of being turned down or the uncomfortable sense of being criticized.”

In the end, with the encouragement of her first sergeant, she did reach out to AER and received a loan that helped her to cover her expenses.

Turner shared her story at the 2015 AER kickoff ceremony, Friday evening, at the Nehelani, here, as part of an effort to spread the word about AER and the difference the program makes for Soldiers who are experiencing financial duress, and to encourage Soldiers to donate to AER.

Turner was commended for reaching out to AER by Maj. Gen. Charles Flynn, commander of the 25th Infantry Division, and senior commander, U.S. Army Hawaii, who noted that Soldiers may be reluctant to seek financial aid.

“So thank you for having the moral courage and the personal courage to stand up here and describe your story,” Flynn said to Turner.

AER is the Army’s own emergency financial assistance organization dedicated to “helping



**Maj. Gen. Charles Flynn, 25th ID commander, right, commends Spc. Julian Turner, center, for describing the help she received from AER. At left is Sgt. Tiffany Fudge, Turner's NCO. Fudge was not the NCO that told Turner about AER, but was invited on stage by Flynn to emphasize the role the chain of command plays in informing Soldiers about AER.**

the Army take care of its own,” by making funds available to commanders to provide emergency financial assistance to Soldiers and eligible family members where there is valid need. The financial assistance is made available in the form of interest-free loans, grants or a combination of loans and grants.

Since its inception in 1942, AER has provided

See **AER A-4**

Assistance

AER provides emergency financial assistance for the following:

- ✓Car seats
- ✓Cranial helmets
- ✓Dependent dental care
- ✓Emergency travel
- ✓Essential furniture
- ✓Food
- ✓Funeral expenses
- ✓Loss of funds
- ✓Medical expenses
- ✓Nonreceipt of pay
- ✓Rental vehicle

- ✓Rent/Mortgage
- ✓Repair/replacement of HVAC
- ✓Repair/replacement of major appliances
- ✓Replacement vehicle
- ✓Travel fund for relocation (PCS)
- ✓Utilities/deposits
- ✓Vehicle repairs

AER does not provide emergency financial assistance for the following:

- ✗Bad checks or payment of credit card bills
- ✗Fines or legal expenses
- ✗Liquidation or consolidation of debt
- ✗Nonessentials
- ✗Ordinary leave or vacation
- ✗Purchase of home or home improvements

Points of Contact

Call the Schofield Barracks AER Office at 655-4227.

Download the AER app via Google Play for Android devices or via iTunes for Apple devices.

To make an online donation, visit [www.aerhq.org](http://www.aerhq.org)





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The HAW is printed by the Honolulu Star-Advertiser, a private firm in no way connected with the U.S. Govt., under exclusive written agreement with U.S. Army, Hawaii.

The HAW is published weekly using the offset method of reproduction and has a printed circulation of 15,300. Everything advertised herein shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron.

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**Address:**  
Public Affairs Office  
745 Wright Ave., WAAF Building 107, 2nd Floor  
Schofield Barracks, HI 96857-5000  
**Website:**  
www.hawaiiarmyweekly.com  
**Nondelivery or distribution**  
656-3155 or 656-3488

Contributing Commands  
**U.S. Army-Pacific**  
Russell Dodson, 438-2662  
**25th Infantry Division**  
MAJ Shea Asis, 655-6343  
**2nd Stryker Brigade Combat Team**  
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Police Call

# DES does community policing, lots more

**COL. DUANE MILLER**  
Director, Emergency Services,  
U.S. Army Garrison-Hawaii, and  
Commander, 8th Military Police Brigade,  
8th Theater Sustainment Command

Every week, more than 600 Military Police, Department of the Army Police and Security Guards provide 24-hour law enforcement and security services to all 22 installations.

They are out there 24 hours a day, 7 days a week, protecting the U.S. Army Hawaii community.

While these personnel are frequently the face of the DES, there are a lot of behind-the-scenes efforts taking place to ensure that we provide a safe place to live and work.

We understand that having a capability to respond to incidents is only half the solution; we need to work proactively to prevent incidents, as well.

Did you know that we liaise with local, state and federal authorities to identify off-post trends and threats? That we augment with our internal crime analysis and intelligence program to identify on-post crime trends? And that we use intelligence-led policing to address and prevent crime?

The DES also has a robust community-oriented policing program that works with our community members in order to educate and assist in prevention efforts.

Some of our initiatives include these:

•**Keiki IDs.** The DES issues these IDs at most community events. Parents can enroll their children into the program by completing a quick form, which collects basic identification information, fingerprints, a hair sample and photograph.

Completed forms are stored in the corresponding MP station and referenced in emergencies, such as a lost child or medical emergency, to expedite investigations and police assistance.



Miller

•**Crime Prevention.** We team up with Island Palm Communities to help set-up, train and assist in the Neighborhood Watch Program. Bike officers conduct classes covering topics, such as how to describe a suspect, how to report suspicious activity and what to look for when conducting neighborhood security walks.

The classes also go over safety tips when using the phone, walking in the street and when driving.

We also team up with IPC for the annual National Night Out event, which draws attention to crime prevention efforts.

•**Bike Patrols.** Our bicycle patrols are active in supporting the community in many ways. They hold Bike Safety Bonanzas, which teach kids how to safely ride their bikes by going over proper riding techniques, basic traffic laws and good safety practices, such as how to negotiate a crosswalk or maneuver through a busy intersection.

In addition, these patrols make their way through the nooks and crannies of the installations – places our vehicles typically can’t go – and interact with members of the community while providing a deterrence presence.

## POLICE BEAT ROLL-UP

From Feb. 19-March 3, the following occurred on U.S. Army Hawaii installations:  
**Aliamanu Military Reservation**  
1 - Wrongful property damage  
1 - Assault

**Fort Shafter**  
1 - Duty upon striking (traffic accident, hit and run)

**Helemano Military Reservation**  
1 - Limitations on backing (traffic accident)

**Schofield Barracks**  
6 - Domestic disturbances

3 - Limitations on backing (traffic accident)  
5 - Duty upon striking (traffic accident, hit and run)  
3 - Assaults  
2 - Unauthorized entry of a motor vehicle  
3 - Traffic accidents with damage to private property  
5 - Wrongful property damage

**Tripler Army Medical Center**  
1 - Traffic accidents with damage to private property

**Wheeler Army Airfield**  
1 - Domestic disturbance

•**School Support.** Ensuring the safety and well-being of our children is very important to us. In addition to the Keiki ID program and bicycle safety, the DES supports our local schools through a number of programs.

We are the proponent for the Drug Abuse Resistance (DARE) program and the McGruff Crime Prevention Program. You may also see our police personnel out at the schools ensuring the safety of the students as they go to and return from school.

Federal law and national security requirements determine the extent at which federal installations are physically manned. U.S. Army-Hawaii is well within national, DOD and Army guidelines. The aforementioned initiatives, coupled with additional programs, such

as random security checks and inspections, keep the crime rate at our installations well below those communities surrounding our installations.

We are always looking for ways to better serve you, so if you have any questions or recommendations on how we can improve our community policing programs, we are open to suggestions.

### More Online

For more information on the services and the personnel who support this community, please visit DES at [www.garrison.hawaii.army.mil/des/default.htm](http://www.garrison.hawaii.army.mil/des/default.htm).



Staff Sgt. Sean Callahan, U.S. Army-Alaska Public Affairs

**Gen. Vincent K. Brooks, U.S. Army-Pacific commanding general, speaks with a Soldier currently training on the Gulkana Glacier near Black Rapids, Alaska, Tuesday.**

# Brooks experiences Alaska’s ‘Last Frontier’

**ARMY NEWS SERVICE**  
News Release

BLACK RAPIDS, Alaska — There is a 95-degree temperature difference between Hawaii and interior Alaska.

It was a brisk minus-25 degrees when U.S. Army-Pacific’s commanding general, Gen. Vincent K. Brooks, stepped off his aircraft in Fairbanks, Alaska, the nation’s last frontier, Tuesday.

The reason for the visit was to evaluate how cold-weather training is conducted in Alaska’s vast training locations.

Brooks, accompanied by Maj. Gen. Michael H. Shields, U.S. Army-Alaska’s commanding general, received a comprehensive tour of just a small portion of the joint pacific range complex while en-route to Alaska’s Gulkana Glacier, where Soldiers from around

Alaska participated in the Northern Warfare Training Center’s Cold-Weather Leaders Course and even got a chance to see firsthand how Arctic Warriors are putting the training they’re learning to the test in minus-20 degree temperatures.

After an authentic Alaskan encounter in sub-zero temperatures, Brooks and Shields made their way back to Fort Wainwright, where they recognized Soldiers from the 1st Stryker Brigade Combat Team “Arctic Wolves” for their exceptional showing at a recent USARPAC supply excellence completion.

They also met with unit and installation commanders from around Fort Wainwright to discuss the significance and invaluable skills Arctic Warriors bring to USAPAC’s already extensive arsenal.

## FOOTSTEPS in FAITH

# How’s that New Year’s resolution coming along?

**CHAPLAIN (CAPT.) DARRELL V. BURRISS**  
1st Battalion, 14th Infantry Regiment  
Chaplain, 2nd Stryker Brigade Combat Team, 25th Infantry Division



Burris

On the mainland, springtime is approaching.

Trees will begin to show signs of life again. Grass will soon start getting green. Flowers will bloom, and the time between sunrise and sunset will get longer.

It happens the same way every year, a slow, but steady changing of the season.

Sometimes that’s just how we like change – slow, steady and almost unnoticeable. But sometimes we want change to happen all at once.

For example, our spouse has a habit of doing or saying something that makes us feel slighted or unloved. Though our spouse promises to change, he/she soon forgets, and we have to give reminder after reminder.

Unlearning one habit and learning a new habit takes some time. It’s not going to happen within a week. Nevertheless, we expect, we demand that the change happens all at once. When it doesn’t, we get just as frustrated as we do when other changes happen overnight.

Here’s another example – the New Year’s resolution. How many of us made a New Year’s resolution that we have al-

ready given up on?

Often, a New Year’s resolution has something to do with changing eating habits. The usual script goes something like this: We start off well, trip over all the holiday leftovers, get up determined to stay on track, trip one or two more times and decide there is no point in getting back up.

But, it’s not just the New Year’s resolution. It’s anytime we decide to change something about ourselves.

We think that because we have determined to change, it won’t be difficult. We think there will be no set-backs. When we get off track a few times, we decide we have failed. The point of failure was not in getting off track; it was the decision to remain there.

When an individual tries to change,

the process is not a sprint. No, it’s a five-mile brigade formation run. There will be some stop and go, some sprinting, but mostly, just methodically pushing pavement for a long period of time.

So, let’s remember to give our ourselves (and others) permission to be human – permission to have periods of sprinting success, permission to have periods of stop and go, set back, and permission to have a long period of methodically pushing pavement on the road to change.

For encouragement on the run, I offer you the words of the apostle Paul:

*“However, this is the one thing I do – forget what is behind me and do my best to reach what is ahead of me.”*

— Philippians 3:13

# Voices of Ohana

In support of Women’s History Month

**What advice do you have for young girls who want to make a difference?**

By 94th Army Air and Missile Defense Command



“Go out and make things happen based on your ideas and ambitions.”

**Master Sgt. Ruth Anderson**  
Information Systems chief, 94th AAMDC



“Never give up and don’t let people walk all over you.”

**Pfc. Brandon Besser**  
Battle Management Operations Systems specialist, 94th AAMDC



“Never be dependent on someone else. Rely on your abilities and strengths to achieve greatness.”

**Sgt. Nadine Gonzales**  
SGS clerk, 94th AAMDC



“Always strive for success. Through hard work and self-belief, you can achieve anything.”

**Master Sgt. Cassandra McCoy**  
Human Resource Management NCOIC, 94th AAMDC



“Always strive for excellence, no matter what obstacles you may encounter.”

**Pfc. Breon Smith**  
Signal Support Systems specialist, 94th AAMDC



# Tropic Lightning bids farewell to Brig. Gen. Jenkins



Brig. Gen. Sean Jenkins, deputy commanding general-operations for the 25th ID, is honored with a Flying “V” Ceremony on Weyand Field. Jenkins is leaving the 25th ID to continue his military career in Florida.

Story and photos by  
**MATTHEW G. RYAN**  
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — Brig. Gen. Sean Jenkins, the deputy commanding general-support, 25th Infantry Division, was honored during a traditional Flying “V” Ceremony at Weyand Field, here, March 6.

The Flying “V” Ceremony is used to welcome incoming or honor outgoing senior Army officials when they assume duties or depart from an Army command.

The “V” stands for the formation of the unit colors and command teams as they are arranged on the field.

Maj. Gen. Charles Flynn, commanding general of the 25th ID, officiated the ceremony. He bid Jenkins and his family farewell and the best of wishes in the military and their future endeavors.

“It was a distinct pleasure serving in the 25th Infantry Division. I will be forever grateful for the opportunity to work with such an exceptional command team,” said Brig. Gen. Jenkins.

Jenkins is being stationed at MacDill Air Force Base, in Tampa, Florida, as the deputy J3 at Central Command.



Brig. Gen. Sean Jenkins, deputy commanding general-operations for the 25th ID, and Maj. Gen. Charles Flynn, commander, give salutes.

## Chief: King is awarded 2013 honor

CONTINUED FROM A-1

Three Soldiers were present for the signing: two Soldiers from the Oahu-based 411th Engineer Battalion, and Sgt. 1st Class Cassandra King, Human Resources noncommissioned officer, U.S. Army-Pacific Support Unit, 9th MSC.

King was the 2013 Honolulu Habitat for Humanity Volunteer of the Year.

When King began volunteering for Habitat, becoming the “Volunteer of the Year” was not on her radar screen.

“I wanted to be a part of providing housing for the less fortunate families of Hawaii,” King said.

Her volunteer efforts with Habitat led to her being the site lead for a recent project on Oahu. Her desire to give back to the com-

munity ultimately led to the forging of this partnership signing.

On Dec. 18, 2014, King went to a ceremony where she handed the keys over to a family after being the site lead on the project.

“When I saw the gratitude on their faces, I was totally humbled and overwhelmed with emotion to have taken part in such an awesome project,” King said.

Private-public partnership is one of the pillars of Talley’s Rally Point 32.1. The Army Reserve is a community-based force of citizen-Soldiers. Partnerships with private organizations generate readiness for the Army Reserve and share “best practices.”

The Army Reserve brings together private and public sector skills, training and experiences that benefit the Army Reserve, the community and the nation.



U.S. Army Garrison-Hawaii Command Sgt. Maj. Louis C. Felicioni, front right, presides over the passing of the sword from U.S. Army-Pacific Command Sgt. Maj. Phillip D. Pandey (foreground) to USARPAC Command Sgt. Maj. Timothy D. Hockenberry (rear, right). To the right is Gregory Kuhr, Installation Management Command-Pacific acting director.

## IMCOM-P welcomes CSM

Story and photo by  
**LARRY REILLY**  
Installation Management Command-Pacific Public Affairs

FORT SHAFTER — After becoming the senior enlisted adviser for Installation Management Command-Pacific Region during a change of responsibility ceremony at Hale Ikeana, Tuesday, Command Sgt. Maj. Timothy D. Hockenberry stated he had just been given the opportunity to touch all the programs and resources that he, his Soldiers and his family have been using for the last 27 years.

Hockenberry assumed responsibility from outgoing Command Sgt. Maj. Phillip D. Pandey of a region that has oversight of 12 U.S. Army Garrisons located in Hawaii, Alaska, Kwajalein Atoll, Japan and Korea, and encompasses numerous time zones.

The ceremony, hosted by Pacific Region Acting Director Gregory Kuhr, began with the arrival of the official party and lei being presented to Hockenberry’s wife, Lauren, and their two children, Mason and Madison.

After the passing of the noncommissioned officer’s sword – signifying the relinquishing of responsibility and authority of the outgoing to the incoming command sergeant major – Kuhr talked of the leadership skills Pandey brought to the region team.

“Command Sgt. Maj. Pandey has been a champion for Soldiers, families and civilians and was the region director’s chief advocate and strongest supporter for quality of life issues,” said Kuhr. “His leadership, mentoring and coaching skills were evident as he onboarded 13 different garrison command sergeants major and enabled these new talented NCO leaders to quickly become effective contributors to their command team.”

Pandey assumed duties as Pacific Region command sergeant major in March of 2013 after serving as the U.S. Army Garrison, Fort Bliss, Texas, command sergeant major from 2011 to 2013. He will return to Fort Bliss, where he will

retire after 32 years in the U.S. Army.

He has held numerous leadership assignments including 1st Infantry Division, Wurzburg, Germany, and 1st Armored Division, Fort Bliss.

Pandey reflected on his time in the region, his Army career and welcomed Hockenberry.

“It’s very important for me to express my appreciation and respect for this great organization and, most importantly, the amazing Soldiers and civilians who serve every day,” said Pandey. “The Pacific Region is by far the most dynamic and demanding of the four regions in IMCOM, and it takes a collective group of talented commanders and command sergeants major to function and meet the demands of this high-performing organization.

“My time here has been a learning experience, and it has been a blessing,” said Pandey. “Command Sgt. Maj. Hockenberry is exactly the type of senior enlisted leader IMCOM-Pacific needs, especially in the challenging months and years ahead.

“As I transition and start the next phase of my life,” he continued, “I look back at my 32 years of service and find I have an awesome collection of great memories and great people I have met and worked with.”

Hockenberry comes to the Pacific Region from Fort Sill, Oklahoma, where he was the command sergeant major of the 31st Air Defense Artillery Brigade and the 30th Air Defense Artillery Brigade. Two other assignments since joining the Army in 1987 that will serve him well at the Pacific Region include Suwon, Korea, and Fort Wainwright, Alaska.

“When I received orders to Hawaii, I was almost immediately contacted by a sponsor, and to this day, it has been the best sponsorship program I have been part of,” said Hockenberry.

“This was a sign to me that this organization does it right and knows how to take care of their Soldiers and families,” he said. “I look forward to serving with each and every one of you.”



Sgt. Maj. David M. Poehlein, U.S. Army Space Missile Defense Command/Army Strategic Command

Spc. Jonathan Reynolds of Co. E, 53rd Sig. Bn., based in Fort Buckner, Okinawa, participates in the push-up portion of the AFPT. Reynolds was one of the Soldiers competing in the SMDC/ARSTRAT Pacific Region Best Warrior Competition, March 3-5.

## SMDC conducts its Best Warrior contest at Schofield Barracks

**KAREN A. IWAMOTO**  
Staff Writer

SCHOFIELD BARRACKS — Soldiers from the Army’s Space and Missile Defense Command/Army Forces Strategic Command (SMDC/ARSTRAT) gathered, here, to compete in a three-day Best Warrior Competition, March 3-5.

The competition showcased the best Soldiers from the SMDC/ARSTRAT Pacific Region, which encompasses Alaska, Hawaii, Japan and Korea.

Company D, 53rd Signal Battalion, 1st Space Brigade, SMDC/ARSTRAT, based at the Naval Computer and Telecommunications Area Master Station Pacific (NCTAMS PAC) in Wahiawa, hosted the event.

The Soldiers were evaluated based on an Army Physical Fitness Test (APFT), a weigh-in, a written examination, a written essay, a 12-mile foot march, an M4 and M9 EST qualification and an appearance before a mock administrative board.

“Any time you can challenge the Soldiers and give them a chance to stand out, take personal pride in their performance, it’s a good thing,” said Sgt. Maj. David Poehlein, sergeant major of operations for SMDC/ARSTRAT.

Three Soldiers from Co. D, 53rd Sig. Bn. were among those competing for a chance to represent their unit in the SMDC/ARSTRAT-wide Best Warrior Competition in Colorado Springs, Colorado, in June: Staff Sgt. Kyler Colgrove, Sgt. Jason Emig and Spc. Aaron Vasquez.

“It forces us to focus on skills we need, but don’t necessarily use every day,” Colgrove said of the competition.

All three agreed that the 12-mile march was the most challenging event, both mentally and physically.

Emig described it as “12 miles of heartache,” but, in the end, his performance paid off as he emerged as one of the victors.

Also victorious was Spc. Adrian Audirac-Uribe of Co. E, 53rd Sig. Bn., based in Fort Buckner, Okinawa.

“Sgt. Emig and Spc. Audirac-Uribe’s performance during the three-day, eight-event, physically and mentally demanding competition is indicative of the caliber of Soldiers we have in our command,” Poehlein said. “Their dedication and professionalism led to their rising above other competitors.”

Poehlein added that all of the events have real-world applications for the Soldiers.

“Take the written test. They have to write counseling for their Soldiers, so the written test and essay helps them in that case. Weapons qualifications are something they are going to have to do anyway. And the march improves endurance,” he said. “It covers the full spectrum of operations. (The competition) mirrors what the Army does.”

**Winners of the SMDC Pacific Region Best Warrior Competition**

**Noncommissioned Officer:** Sgt. Jason Emig, Co. D, 53rd Sig. Bn., based in Wahiawa, Hawaii

**Soldier:** Spc. Adrian Audirac-Uribe, Co. E, 53rd Sig. Bn., based in Okinawa, Japan

## Warrior: Villamor, Welch win contest

CONTINUED FROM A-1

petitors reacted to the scenario, the shorter the event lasted.

An M4 qualification range and nighttime land navigation event were held on day four.

“Nighttime land navigation was the hardest event for me,” said Welch. “Walking around, even with good illumination, makes it hard to find your point and keep your bearing.”

The two winners maintained their bearing, and at the conclusion of the competition, walked away as the leaders of the pack.

“A lot of how well you do comes down to the support you have,” said Welch. “Having really good noncommissioned officers behind you makes the competition a lot easier.”

Now that the competition is over, the two winners must prepare for the next level competition.

“The next step for me is to keep studying



Villamor Jr.

Welch

and get ready for the Intelligence and Security Command board,” said Villamor. “It’s going to take hard work and dedication, along with long nights, to get ready for the next competition.”

“These Soldiers have made it through their battalion level competitions, and this isn’t easy stuff,” said Calder. “It means a lot that these Soldiers stepped up to compete. They have my respect.”



# Brooks tells center, ‘Strategic rebalancing ... is real’

## Soldier strength is now up to 106,000 in Pacific Command

**J.D. LEIPOLD**  
Army News Service

WASHINGTON — Pacific Pathways will include 29 exercises with 12 Indo-Asia-Pacific countries over the next five years, said the commander of U.S. Army-Pacific.

“The strategic rebalancing in the U.S. is real,” said Gen. Vincent K. Brooks, USARPAC, speaking at the Center for Strategic and International Studies, March 4.

He offered his perspectives on East Asia and thoughts on several activities to build partnerships with Indo-Asian-Pacific countries.

“We think we can point to a number of things that certainly from our military contributions that have aided that rebalance,” Brooks said. “... In the Army alone, we’ve risen from about 80,000 Soldiers who are assigned under the command of U.S. Pacific Command up to 106,000 at the present time.”

Brooks noted that the 26,000 Soldier increase was a global force management decision that was done largely by increasing the number of units assigned from Washington State and placing them under the authority of U.S. Pacific Command. Aside from having additional forces, the

increase brings additional professionals who are in “very high demand.”

“Our friends in the region are asking to meet with us as professionals with mutual respect, to exchange knowledge, to exchange skill sets. ... We can also learn from our friends and their experiences,” Brooks said.

Humanitarian assistance and disaster response are the most common engagements in the region, he said, because of the nature of the Indo-Asian-Pacific region and the fact that more than 80 percent of the natural disasters that happen globally and that result in loss of life occur there. More than half the world’s population lives there in 17 percent of the world’s land mass.

The Indo-Asia-Pacific theater is also one of the most militarized regions in the world, possessing seven of the 10 largest standing militaries, the world’s largest and most sophisticated navies and five of the world’s declared nuclear armed nations, according to PACOM commander Adm. Samuel Locklear.

Addressing fiscal year 2014’s Pacific Pathways, Brooks said the lessons learned will be applied to the subsequent five-year plan, which will include 12 countries, five of which have existing treaties with the U.S.

“How we respond ... and the importance of preserving these alliances is certainly part of where their interests lie,” he said.



Courtesy photo

**The 31-1st Inf. Regt., Kings Guard Rapid Deployment Force Soldiers, and 2nd Bn., 25th Avn. Regt., 25th CAB, 25th ID, pilots work together to train in a UH-60 Black Hawk flight simulator during the partnership-building exercise, Cobra Gold 15, in Lop Buri, Thailand, Feb. 7. Cobra Gold 15 is part of Pacific Pathways.**

# 94th AAMDC THAAD Battery in Guam transfers authority

Story and photo by  
**SGT. KIMBERLY MENZIES**

94th Army Air and Missile Defense Command  
ANDERSEN AIR FORCE BASE, Guam — Task Force Talon’s Terminal High Altitude Area Defense (THAAD) Battery, Battery A, 2nd Air Defense Artillery Regiment, passed the defense of the Guam mission to Battery D, 2nd ADA, during a transfer of authority ceremony, here, March 4.

“The Alpha, 2nd ADA, ‘Gunslingers,’ have completed the last 12 months of a long-duration critical strategic mission, providing tactical ballistic missile defense of the island of Guam against any potential threats,” said Lt. Col. Clyde Cochrane III, the commander of Task Force Talon, 94th Army Air and Missile Defense Command, during his remarks. “This mission has become increasingly important as the United States military continues to rebalance towards the Pacific theater of operations.”

Battery A deployed to Guam in March 2014. The battery maintained a high level of readiness while making critical changes to its procedures and to site Armadillo.

“Over the past year, we successfully condensed the tactical site to a more streamlined area,” said Capt. Joseph McCarthy, the commander of Battery A, 2nd ADA, and a native of Bronx, New York. “We also developed and re-



**Capt. Candace Hill (left) and 1st Sgt. Cedric Covington, Battery D, 2nd ADA, Task Force Talon, 94th AAMDC, uncased their guidon, March 4, during a transfer of authority ceremony at Andersen Air Force Base, Guam.**

financed many of our tactics, techniques and operating procedures, in order to be ever vigilant in defending Guam from any potential tactical ballistic missile threats.”

During their time deployed to Guam, the Gunslingers accomplished several historic

achievements.

The summer after arriving on the island, the battery conducted air battle certification of all its crew personnel and completed a THAAD defense plan. Early in the fall, the unit participated in Valiant Shield, an inter-service, inter-

national training exercise in the Pacific region, a first for any U.S. Army unit.

The battery also developed a new training standard for live interceptor pallet constitution, received new interceptors on the island and utilized U.S. Army personnel to conduct the task of pallet construction, again another historic first.

“We updated training procedures and conducted operational readiness exercises in an effort to hone our skills and to continually maintain a high level of mission readiness,” said McCarthy.

Though the changes were direct and immediate for the battery while in Guam, they would be instrumental in a thorough mission transfer to Delta Battery while also shaping the future of THAAD.

“The battery continued to refine the tactics, techniques and procedures for forward-stationed THAAD operations, and has since passed those TTPs back to its sister units and even the newly established THAAD schoolhouse at Fort Sill, Oklahoma,” said Cochrane.

The ceremony signified the official completion of the outgoing unit’s mission and clearance to return home, and acceptance by the incoming unit to continue the defense of Guam.

“We are confident and ready to do our part,” said Capt. Candace Hill, commander, Btry D.

## AER: Campaign runs thru May 15

### CONTINUED FROM A-1

ed \$1.7 billion in emergency relief to 3.3 million Soldiers, according to Charles E. Durr Jr., chief of assistance at AER Headquarters in Alexandria, Virginia, and the keynote speaker at Friday’s kickoff.

Durr encouraged those gathered to donate frequently to AER through as many venues as possible and to spread the word about AER.

“I can’t emphasize enough the importance (of making AER) the Soldiers’ first choice” for financial assistance, he said.

AER’s Schofield office raised \$271,578 during the 2014 AER campaign, according to Gwen Galloway, Schofield AER officer. This year she hopes to raise at least \$285,157.

The kickoff ceremony was followed by Right Arm Night, where attendees had the opportunity to donate to the AER.

The 2015 AER campaign, the theme of which is “Making a Difference,” runs through May 15.

## Intel focuses on sustainment, humanitarian aid

Story and photo by  
**SGT. JON HEINRICH**

8th Theater Sustainment Brigade Public Affairs

SCHOFIELD BARRACKS — Soldiers from 8th Theater Sustainment Command and its subordinate units – 8th Military Police Brigade and 45th Sustainment Bde. – conducted intelligence exercise Perspicuous Provider, Feb. 23-27, at Mission Training Complex-Hawaii (MTC-HI), here.

Approximately 36 Soldiers participated in the training, which was meant to prepare units for intelligence operations focused around sustainment and humanitarian aid rather than combat.

The intent of the training was to have well-trained, sustainment-centric intelligence Soldiers within our command, according to Maj. Dion Houston, the deputy intelligence officer with 8th TSC.

“It’s specific training in the kinds of things that we as a unit are expected to be able to do,” Houston said. “It also has a general focus that we’re better able to provide answers to our leadership, because not only are we doing this exercise to prepare ourselves, but we’re also doing

intelligence briefs to let people within our formation know the capabilities that we have.”

Along with 8th TSC were intelligence Soldiers from 25th Combat Aviation Brigade, 25th Infantry Division, and 593rd Expeditionary Sustainment Command from Joint Base Lewis-McChord, Washington.

The 500th Military Intelligence Brigade provided equipment and expertise for the training, along with Intelligence Electronic Warfare Tactical Proficiency trainers, who are responsible for intelligence exercises within MTC-HI.

Some of the different scenarios the Soldiers analyzed were flood ingress and egress, criminal activity, anti-American demonstrations and volcanic activity and eruption.

Houston stated that the training was less focused with force-on-force scenarios and more along sustainment and humanitarian aid situations.

“The key thing there is sustainment-centric intelligence,” Houston said. “We’re very concerned about sea states, anything that affects the amount of resources that are available to go through the ports, the capacity of roads. Basically, freedom of movement is a key considera-



**Intelligence Soldiers from within 8th TSC, 593rd ESC and 25th CAB, 25th ID, conduct intelligence exercise Perspicuous Provider, held Feb. 23-27, at MTC-HI.**

tion for sustainment-centric intelligence.”

“It’s completely different than what I thought it was going to be,” said Pfc. Kayla Walker, an intel analyst with 593rd ESC. “I’m actually really liking it. I’ve never done an intel-centered exercise.”



# JPMRC mission helps train the force, anywhere

**STAFF SGT. WILLIAM SALLETTE**  
U.S. Army-Pacific Public Affairs

FORT SHAFTER — The 3rd Brigade Combat Team, 25th Infantry Division, recently concluded exercise Lightning Forge 2015, March 6, as part of a culminating home station training event, as well as a proof-of-concept mission for the Joint Pacific Multinational Readiness Capability (JPMRC), a training and evaluation program run by the 196th Infantry Brigade.

LF 15 was conducted at training areas around the island of Oahu and at the Pohakuloa Training Area on the island of Hawaii from Feb. 23 to March. 6.

The exercise included the entire 3rd BCT, as well as a support element comprised of more than 800 Soldiers from 2nd Stryker BCT, 25th ID; the Guam National Guard; 189th Infantry Brigade, Fort Lewis, Washington; and the Joint Multinational Readiness Center from Hohenfels, Germany.

The JPMRC is a U.S. Army-Pacific initiative that consists of a mobile package of personnel and equipment designed to support training exercises across the Pacific theater.

JPMRC provides the capability to travel to an exercise anywhere in the Pacific, integrate and evaluate within the regional exercise scenario and train units up to the size of a brigade combat team, while providing in-depth after-action reviews and take-home packages to the units being evaluated.

JPMRC is not intended as a replacement for the full-training experience available at a combat

training center (CTC), such as those located in the continental United States; however, the JPMRC concept is similar in style and purpose. It will reduce the frequency with which entire BCTs have to rotate stateside from their home stations in the Pacific.

“In terms of the (National Training Center’s) ability to use terrain and conduct widespread operations and training, I would say that quality is greater,” said Col. Scott Mitchell, 196th Inf. Bde. commander. “However, for certain opportunities and contingencies, this is a great example of how you can enhance mission readiness to accomplish a future mission or enhance the readiness of our partners and their integration across the Pacific area of operations.”

By remaining in theater, not only will units remain more available to respond to sudden contingencies or to be called upon by the combatant commander to meet strategic requirements, but also they will be able to complete training certifications at considerably less expense.

“The cost savings are invaluable,” said Col. Scott Kelly, 3rd BCT commander. “I cannot replicate a CTC-like environment at home station, and the JPMRC gives me the best ability to do that.”

The outside support element’s role during this exercise was to act as role players on the battlefield, as well as observer/controllers, which would provide control to the exercise scenario and provide an immediate reporting and evaluation to the units on the ground.



Photo courtesy of Robert Aguilar, Kokua Support Services

**Soldiers from the 3rd BCT, 25th ID, guard an intersection while conducting a mission during exercise Lightning Forge 2015. LF 15 was an exercise conducted Feb. 23-March 6 on the islands of Oahu and Hawaii in conjunction with JPMRC staff.**

Once the JPMRC completes its proof-of-concept phases, it will have an internal, battalion-sized, support element permanently assigned to conduct the observer/controller and analysis mission.

JPMRC isn’t limited to training and evaluating U.S. units. When integrated with a security cooperation exercise and other partnership programs,

it can also expand existing exercises with US-ARPAC’s multinational partners.

The JPMRC allows an increased interaction with joint, interagency, intergovernmental and multinational forces in a realistic, instrumented-systems environment that will provide real-time and constructive feedback during such programs.

## Traffic: Military, civilians must ensure dependents understand, follow policy

CONTINUED FROM A-1

or earphones.

- Do not use radar detectors.
- Avoid noise that travels more than 30 feet from the vehicle.
- Only park in authorized parking stalls.
- Follow rules for limited and reserved stalls, effective from 5 a.m. -6 p.m., or when the activity is operational or open.

By driving, motorists are stating they comply with laws and regulations. They must have a valid driver’s license, valid vehicle registration, valid safety inspection and proof of valid insurance.

Motorists are also giving implied consent to blood, breath or urine tests when lawfully stopped, apprehended or cited for an offense.

The new regulation also increases suspen-



File photo

### Personal protective gear is required of bikers.

sions for offenses, including these:

- Driving with no valid insurance, registration or license, resulting in a suspension of on-post driving privileges for 90 days.
- Operating any motor vehicle while using a cell phone, without a hands-free device.

- Failure to use safety restraints, such as seat belts or child restraint systems.
- Failure to wear personal protective equipment while operating a motorcycle.

Still other increased suspensions for offenses apply.

Service members and civilian sponsors are responsible for ensuring their family members and guests are aware of and understand the regulations.

### Motorcycles and Mopeds

When operating motorcycles and mopeds, drivers must keep headlights on at all times, wear Department of Transportation protective gear, such as a helmet, eye protection, long-sleeved shirt or jacket, sturdy over-the-ankle footwear, long trousers and gloves.

Military personnel must complete required

motorcycle courses before operating a motorcycle.

### Bicycles

All cyclists must wear helmets while riding a bicycle. Adult cyclists must adhere to rules governing motor vehicles and ride on roadways. Youth may ride bicycles on sidewalks.

Cyclists cannot carry more passengers than required for the bicycle.

### Other Non-Motorized Vehicles

Vehicles, such as scooters, skateboards, roller skates, sleds and razors are not permitted on roadways. They must be used on sidewalks and private driveways.

Users must wear approved helmets, elbow pads, kneepads and reflective clothing (during times of limited visibility or darkness).



# Pacific Army Reserve hosts Women’s History event

Guest, Mrs. Talley, shares inspiration with Soldiers of 9th Mission Support Cmd.

Story and photo by  
**CAPT. LIANA KIM**  
9th Mission Support Command Public Affairs

FORT SHAFTER — “We’ve come a long way, baby. We can go more!” was the resonating theme of a Women’s History Month Observance hosted by the 9th Mission Support Command, here, March 7.

Keynote speaker Dr. Miemie Byrd, a professor at the Asia-Pacific Center for Security Studies in Honolulu, shared insight from her years as a researcher, linguist and cultural adviser, published writer and speaker on international affairs, and a civil affairs officer in the U.S. Army Reserve.

She also shared her vision of the future for a world with a more balanced work force.

Linda Talley, wife of Lt. Gen. Jeffrey Talley, chief, Army Reserve, shared opening remarks of inspiration for the observance, during the couple’s visit with Oahu-based Pacific Army Reserve Soldiers, March 3-7.

“I feel it is our duty, for all of us – men and women – to reach out to the young women around us in schools, in the military, especially those in our own families, and give them the tools to empower them, show them what they can be,” Talley said. “In order to do that, we must strive to be our very best. We must ... we must be their champions.”

Byrd began by reflecting on women pioneers



**Dr. Miemie Byrd, professor at the APCSS and keynote speaker for the 9th MSC’s observance, speaks about the importance of including women in planning and decision making.**

who served during the American Civil War and paved the way for women in the military and positions of authority, such as Rose Greehow, a female spy for the Confederacy, and Clarissa Harlowe “Clara” Barton, who served as superintendent of nurses in the Union Army and later founded the American Red Cross.

Today, female service members are nearly 200,000 strong, comprising about 15 percent of our 1.4 million total active duty force. This represents a steady climb in numbers from those humble beginnings; yet, Byrd said this is not enough, that leaders should strive to fill their ranks with an equal mix of male and female service members.

“Women have unique perspectives on complex issues involving our global environment,” said Byrd. “So, having women on planning and decision-making teams is crucial – not just because it’s the right thing to do. It is a necessity.”

Byrd said gender equality in the workplace is not only smart economics, it is critical to our survival and promoting peace internationally.

“Recent studies of team performance found that women perform better with complex tasks, so what makes a team smarter? More women,” Byrd said. “Societies that do not utilize women as 50 percent of their workforce are not reaching their full potential.”

“I hope this observance brought about an awareness of the crucial need for women in team environments at every level of the Army,” said Lt. Col. Blake Bass, 9th MSC Equal Opportunity program manager, who coordinated the observance, “and that events like this will help educate all of us – Army Reserve and active component Soldiers, civilians and families – on the value of a diverse team of unique individuals.”

“Many thanks to our EO NCOIC (noncommissioned officer in charge) Master Sgt. Samuel Zawistowski, for excellent coordination; to Sgt. 1st Class Sylvia Moreno, 9th MSC sexual assault response coordinator, for serving as our master of ceremonies; the EO advisors and EO leaders, who helped with this event,” Bass said. “They were the muscle behind our success.”

“This was a wonderful opportunity to recognize women’s contributions to our national defense and our society,” said Byrd’s husband, Dr. John Byrd, who attended the observance

with their son and his mother-in-law. “Dr. Byrd made important points about how diverse organizations are more effective and make better decisions.”

The 9th MSC is the only Army Reserve Command assigned directly to an Army Service Component Command, and provides support for all Army Reserve units across the Asia-Pacific region. It is the most ethnically diverse, geographically dispersed command in the U.S. Army Reserve, crossing seven times zones, two states, two territories, a commonwealth and two foreign countries.

Army Reserve Soldiers assigned throughout the Pacific speak more than 29 languages.

“We wanted to utilize the opportunity to advertise Sisters in Arms, to draw potential interest in forming a new chapter here at the 9th,” Bass said of the large display at the observance, about the program.

The program provides a forum for all women to strengthen peer-to-peer bonds, ingrain professional ethics, enhance professional and personal growth, and provide mentorship and guidance in an environment where women are comfortable discussing difficult, yet common issues.

**Sisters in Arms**  
For information about Sisters in Arms, contact Lt. Col. Arnetta Lawrence, 9th MSC Inspector General, at (808) 438-1600, ext. 3142.



Send announcements for Soldiers and civilian employees to [news@hawaiiarmyweekly.com](mailto:news@hawaiiarmyweekly.com).

**Today**  
**MCRMC Responses** — Service members may give responses to recommendations issued by the Military Compensation and Retirement Modernization Commission – which conducted an independent, comprehensive review of military compensation and benefit programs – at the meeting, today, at 10-11:30 a.m., at the Oahu Veterans Center. Visit [www.mcrmc.gov/index.php/reports](http://www.mcrmc.gov/index.php/reports) for more details.

**CWTSato Travel** — Effective immediately CWTSato Travel, Schofield Barracks, will be assisting walk-ins for emergency travel or routine travel within five business days. Email [schofield@cwtsatotravel.com](mailto:schofield@cwtsatotravel.com) or fax (866) 236-0582 for travel after five business days.

Ticket exchanges will be by appointment only (going somewhere other than authorized on your travel orders). Email your appointment request to CWTSato or call (800) 349-8231.

**16 / Monday**  
**Fort Shafter Outage** — A power outage will impact Fort Shafer from 8 a.m.-2 p.m., March 16th. The following units/organizations will be affected:

FS Housing, Radar Hill and Units 105, 107, 109, 111, 117, 115, 119, 121, 125, 127, 129, 131, 432, 434, 436, 438, 446, 448, 450, 452, 447, 451, 453, 433, 435, 437, 439, 474, 476, 478, 480, 456, 458, 460, 462, 488, 490, 492, 493, 495, 497, 499, 459, 461, 463 and 465.

The outage is needed to connect the PV system. Loca-

tions are a best estimate. Point of contact is Andrew Nyerges, 687-8317.

**18 / Wednesday**  
**HSO Closure** — The Island Palm Communities’ South Regional Office, Bldg. 1004, 111 7th Street, Fort Shafter (to include the Housing Services Office, or HSO), will be closed from 8 a.m.-2 p.m., March 18th, due to a scheduled power outage.  
For more details, contact Connie Yu Pampalone (IPC) at 275-3712 or Pam Hirota (HSO) at 438-1518.

**21 / Saturday**  
**FS Outage** — A power outage will impact Fort Shafer from 8 a.m.-3 p.m., March 21st. The following units/organizations will be affected: FS Housing, Parks Road, Units 1325, 1327, 1357, 1358, 1361, 1362, 1365, 1366, 1369, 1370, 1373, 1374, Pump House, 1337.  
The outage is needed to replace a rotted utility pole. Locations are a best estimate. Point of contact is Travis Fellingner, 655-1308.

**23 / Monday**  
**CIE** — The next Community Information Exchange is 9-10:30 a.m., March 23, at the Nehelani, Schofield Barracks. The meeting is open to U.S. Army Hawaii Soldiers and spouses and informs participants about installation and community matters. Key service providers will provide details of upcoming events, and the senior commander will host an open forum.



Traffic Report lists roadwork, construction and noise advisories from the Army and the Hawaii Department of Transportation (HDOT). Visit [www.garrison.hawaii.army.mil/info/trafficcalendar.htm](http://www.garrison.hawaii.army.mil/info/trafficcalendar.htm).  
Unless specified, all area codes are 808.

**14 / Saturday**  
**Kolekole** — Traffic will be restricted at the intersection of Kolekole and Heard avenues (near the old fire station building and the Martinez Gym parking lot) for utility installation from 8 p.m. to 4 a.m.  
Traffic will be diverted onto Alleshire Avenue.

**27 / Friday**  
**Stream & Bridge** — There was an extension of the full road closure of Stream Road on Fort Shafter. The road will be closed in both directions, from the intersection of Stream and Loop roads to the intersection of Stream and Kahauiki Stream Bridge.  
The primary detour for the Stream Road

Closure will be Mokumoa Street. Intermittent, one-hour, full-bridge closures will occur 9 a.m.-5:30 p.m., today and on the following dates:  
•March 27.  
•April 3.

**Ongoing**  
**Airdrome Road** — There will be a one-lane closure on Airdrome Road, Wheeler Army Airfield, from the Hangar 1020 area to the Sewer Treatment Plant, for utility installation work, 8 a.m.-3:30 p.m., Monday-Friday, through April 24.  
Both lanes will be open to traffic after 3:30 p.m., and until 8 a.m., the following morning.

**Modified AMR Traffic** — This is a project update for Aliamanu Military Reservation. All work takes place 8 a.m.-4:30 p.m.  
•Skyview Loop will be completely closed between Nim Place and Ixora Place until April 15, due to underground utilities work. The dates have changed for this area of the project to be redesigned.  
•Aliamanu Drive between Ama Road and Okamura Street. Dates have changed because work begins simultaneously in this area.  
•Aliamanu Drive between Okamura Street and Rim Loop. Aliamanu Drive will be completely closed between Okamura Street and Rim Loop till April 15, for underground utilities work.

# Town hall highlights inspection, reductions, more

Total of 66 employees get honors, plus EOY, EOQ

**AIKO BRUM**  
U.S. Army Garrison-Hawaii Public Affairs

SCHOFIELD BARRACKS — Garrison personnel learned the installation earned an “outstanding” rating during the Organization Inspection Program in February, conducted by Installation Management Command-Pacific, when the commander held a town hall at the Main Post Chapel, here, March 5th.

“Thank you from the bottom of my heart for what you do,” said Col. Richard A. Fromm, com-



Leslie                      Laguatan

mander, U.S. Army Garrison-Hawaii, expressing appreciation for personnel in the Army’s fifth largest installation.

Fromm discussed future actions – most importantly, potential sequestration, troop reductions and changes in leadership – before wrapping up the town hall with employee recognition.

He said he has a budget for operations and maintenance, though it’s not the one he wanted. Regarding troop reductions, he explained that 30 separate bases are being studied of which Hawaii is one. Currently, there are 510,000 Soldiers in the active duty Army, but strength of 490,000 is programmed. If sequestration continues, he said, troop strength will be 450,000, or as low as 420,000.

He asked Soldiers and civilians attending the town hall to consider how reductions might affect our installations. The community listening sessions held at the Hale Koa Hotel in Waikiki

“Thank you from the bottom of my heart for what you do.”

— Col. Richard A. Fromm  
*commander, U.S. Army Garrison-Hawaii*

and Leilehua High School in Wahiawa, in January, allowed the Department of the Army to hear comments, he said.

Army senior officials anticipate discussion and responses from the Chief of Staff of the Army in June or July of this year. Whatever is decided, civilians, as well as Soldiers will be impacted by reductions, he said.

Fromm encouraged personnel to learn and understand how their job affects installation protection, community readiness, infrastructure and energy, and mission readiness – proponents of the U.S. Army-Hawaii Campaign Plan 2025.

Questions from the audience focused on VERA (voluntary early retirement program) and VSIP (voluntary separation incentive program). Fromm answered that any future tools for voluntary separation are dependent upon sequestration.

The town hall wrapped up with employee recognition. Sixty-six personnel received certificates, group awards or years of service honor-

ing 15, 20, 25 and 30 years of performance from the commander, Command Sgt. Maj. Louis C. Felicioni, the garrison’s senior enlisted adviser, and their directorate.

Shelly K. Leslie, chief, Outdoor Recreation, Directorate of Family and Morale, Welfare and Recreation, was named Employee of the Year for 2014. She added two new programs to ODR, and expanded, grew and sustained ODR operations, to include expansion of MWR Kennel operations, adding 100 kennels. A total of over 175 kennels are now operational in the community.

“I was deeply moved,” she said. “However, awards don’t come from one person. Every civilian ... that makes a positive impact on Soldiers’ and civilians’ lives are winners. It’s all of us.”

Tanya L. Laguatan, operations officer, Directorate of Plans, Training, Mobilization and Security, was named Employee of the First Quarter 2015. She was noted for her exceptional leadership, performance and service, which set a good example and positive role model for others.

“I was really shocked; it was an awesome feeling,” Laguatan said. “I am so grateful to be recognized by my bosses, the Garrison and DPTMS teams.”

**ERP Photos**

Employee Recognition Program photos are available for downloading at Flickr: [www.flickr.com/usaghawaii](http://www.flickr.com/usaghawaii).

# Thomas selected as MEDCOM’s top inspector general

Four IG functions reviewed against other competitors

Story and photo by  
**MASTER SGT. ANTHONY ELLIOTT**  
Pacific Regional Medical Command

HONOLULU — March 5th, the Office of the Command Sergeant Major, U.S. Army Medical Command (MEDCOM), on behalf of Command Sgt. Major Gerald Ecker, senior enlisted adviser, MEDCOM, announced the winner of the 2015 MEDCOM Inspector General (IG) Noncommissioned Officer (NCO) of the Year competition.

The winner was Master Sgt. Joel Thomas from the Pacific Regional Medical Command (PRMC). Thomas was nominated by his command

to compete at the MEDCOM level based on his exemplary performance as the noncommissioned officer in charge of the PRMC IG Office.

During the MEDCOM IG NCO of the Year competition, Thomas’ military records were reviewed, and his performance under the four IG functions (of Assistance, Inspections, Investigations, and Teaching and Training) were compared against that of his fellow competitors.

Thomas was also required to write an essay on a topic of the competition selection



Thomas

boards’ choosing.

When the results came out, it was Thomas who was selected to go forward and represent MEDCOM, later this spring, at the Department of the Army (DA) IG NCO of the Year competition.

The DA competition will have all of the same requirements of the MEDCOM competition, along with the added factor of an oral board, which Thomas will be required to attend via video teleconference (VTC).

“I think it is an honor and a privilege to be selected,” Thomas said, “but I think, most importantly, that it be said that any success that I have ever experienced as an IG has always been because of the effort and assistance from the unit leadership, from the command, all the way down to the section leaders.”

When asked about his preparation for the competition, Thomas responded with, “I really just did my job, just trying to be what I consider a good IG and being knowledgeable of the requirements. That is how I prepared.”

Thomas, a combat medic (68W) by trade, has served as an IG for the past three-and-one-half years, simply because he saw it as an opportunity.

As he puts it, he gives “... back to the community and (helps) Soldiers and family members.”

Win or lose, once he is done with the DA IG NCO of the Year competition, Thomas’ focus will shift to a new challenge, as he has been selected to attend the U.S. Army Sergeants Major Academy (USASMA), Class 66, at Fort Bliss, Texas, starting in August 2015.





# HIKING

## Hawaii

## Safety tips, regulation awareness urged



KAREN A. IWAMOTO  
Staff Writer

**WHEELER ARMY AIRFIELD** — The state Department of Land and Natural Resources (DLNR) is reminding the public to obey the law while hiking in Hawaii.

The state's natural beauty and temperate climate are conducive to outdoor activities, such as hiking, but some of the popular hiking trails are closed to the public – and hiking on them is not only dangerous, but also illegal.

Those who are caught hiking on an unauthorized or closed trail put themselves at risk of having to make a court appearance, as well as facing significant fines or possible jail time.

They could also be risking their lives – and that of emergency rescue personnel.

"What people often don't consider is, that if they get hurt and have to be rescued, they are putting emergency personnel at great personal peril," said Dan Quinn, administrator of the DLNR Division of State Parks.

One such trail that comes to mind for DLNR officials is Sacred Falls State Park. Sacred Falls has been closed since 1999, when boulders came crashing down onto the trail, killing eight hikers and injuring more than 50. But many still try to hike it, according to DLNR.

Deborah Ward, DLNR public information specialist, said the proliferation of websites, social media sites and online videos that show people hiking on the closed trails, along with instructions on how to reach the trail, only exacerbate the problem.

"In 2014, our officers wrote more than 120 citations to people who entered (Sacred Falls) illegally. Despite the presence of dozens of signs, they often told officers that the Internet said it was okay, or the Internet said the signs were just for liability," said Jason Redulla, acting chief of the DLNR Division of Conservation and Resources Enforcement. "We take the responsibility of protecting people from the continued danger of rock falls and flash flooding seriously and have a zero tolerance policy regarding entry into Sacred Falls. If you get caught you will be cited."

Added Quinn, "Geological experts who've

surveyed this area tell us that rock falls will continue unabated and can't be predated, so anyone who goes to (Sacred Falls) is playing roulette with their lives."

To combat the misinformation being fostered online, DLNR launched its own online videos highlighting the risks and ramifications of hiking at Sacred Falls Park.

Another popular, but closed trail, is the Haiku Stairs, also known as the Stairway to Heaven in Kaneohe. This steep, 3,922 step trail, which falls under the jurisdiction of the state Board of Water Supply (BWS), has been closed since 1987, but that hasn't stopped many from attempting it anyway.

As this article is being written, volunteer hikers, Honolulu Fire Department personnel and personnel from the U.S. Navy's Helicopter Maritime Strike Squadron 37, which is based at Marine Corps Base Hawaii in Kaneohe Bay, were searching for an 18-year-old man who went missing while hiking Haiku Stairs on Feb. 27, according to KHON2.

This incident occurred just several weeks after HFD rescued five hikers who were trapped at the Haiku Stairs, which had been damaged by a landslide during a recent storm in February, according to Hawaii News Now. HFD dispatched a crew to extract the hikers, but had to call off the rescue because it was too dark to proceed. The hikers had to spend the night on the trail and were rescued by HFD the following morning.

That incident prompted the BWS to reiterate its warning for the public to stay away from the trail, which isn't maintained, and to remind the public that those caught on the trail could be cited for trespassing.

### Videos

For an islandbyisland list of sanctioned trails, visit Na Ala Hele, DLNR's Hawaii Trail & Access System, at [www.hawaiitrails.org](http://www.hawaiitrails.org).

View DLNR's video campaign highlighting the risks of hiking Sacred Falls at [www.vimeo.com/115830643](http://www.vimeo.com/115830643) and [www.vimeo.com/119476916](http://www.vimeo.com/119476916).



### Exercise common sense while hitting the trails

Even Hawaii's safest sanctioned hiking trails pose a risk for those who don't adequately prepare before heading out.

The most important thing a hiker can do before setting out is to take an accurate assessment of their ability, said Capt. David Jenkins, Honolulu Fire Department information officer.

"A lot of people underestimate the difficulty of the trail and overestimate their capability even on moderate trails," he said, adding that HFD has responded to many medical emergencies at Diamond Head Trail and Koko Head Crater Trail, both of which are open to the public.

He suggested the following basic safety tips:

- Start a hike early, so that it can be

finished before dark.

- Adhere to posted signs. If a posted sign warns you to stay out, do not proceed.

- Let others know where you are hiking and when you expect to be back.

- Do not delay calling 911 if you need help.

Bill Maxwell, U.S. Army Garrison-Hawaii safety officer, had these basic hiking safety tips to add:

- If you are new to Hawaii and unfamiliar with the trail, go with a friend.

- Take emergency essentials, such as a first aid kit, aspirin and a flashlight.

- Plan for unexpected changes in weather and dress accordingly.

The state Department of Land and Natural Resources also has a list of hiking safety tips at [www.dlnr.hawaii.gov/recreation/nah/trailsafety/](http://www.dlnr.hawaii.gov/recreation/nah/trailsafety/).



Photo courtesy of Stephanie Rush

Signs such as these, along the Kealia Trail above Dillingham Airfield, warn hikers of the potential dangers found both on and off the 2.5-mile hiking trail.



Staff Sgt. Gaelen Lowers, 8th Theater Sustainment Command Public Affairs

Senior noncommissioned officers from the 8th Special Troops Battalion, 8th Theater Sustainment Command, hike the Kuliouou Ridge Trail in 2012.





Briefs

Today

**AER Early Donation** — Donate to Army Emergency Relief through May 15. Donation forms are available at SB ACS, Bldg. 2091, or at the Community Readiness Expos held at the Nehelani on Thursdays. Return completed donation forms to ACS. Contact the AER officer at 655-7132.

**FS Right Arm Night** — FS Hale Ikena event begins at 5 p.m. Adult event includes Texas Hold'em Tournament and unit pride competition. Call 655-4466.

14 / Saturday

**Leprechaun 5k Cross Country & Fun Run** — The 5k Cross Country Race is at SB Stoneman Field at 8 a.m. Wear green and/or costumes. It's for all military ID cardholders; animals not allowed. Register at any MWR fitness center. Visit [www.himwr.com](http://www.himwr.com) or call 655-8007.

**MWR Excess Property Sale** — Family and MWR will be holding its annual excess property sale at FS Flats, Bldg. 1598. All sales are final and in "as is" condition for deeply discounted items.

Cash or credit card accepted for items that include almost new and slightly used furniture, kitchen and restaurant items, gym/recreation equipment, video games, movies and more.

Four vehicles will also be auctioned by closed bid. The bids will be placed in a sealed envelope, and the highest bidder will be able to purchase the vehicle (minimum bids required).

Open to the public. To view a full list of items, visit [www.himwr.com/images/latest\\_news/naf/NAF-Sale-List-2015.pdf](http://www.himwr.com/images/latest_news/naf/NAF-Sale-List-2015.pdf).

For more details, visit [www.himwr.com/special-events/latest-news-and-special-events/community-news/1352-mwr-excess-inventory-sale](http://www.himwr.com/special-events/latest-news-and-special-events/community-news/1352-mwr-excess-inventory-sale) or call 438-3492.

17 / Tuesday

**Home Alone Workshop** — This ACS Family Advocacy Program, from 9 a.m.-12 p.m., is a fun and interactive workshop that provides parents and children with the skills, knowledge and confidence needed to stay home alone. Children ages 10-12 years old will learn tools to make responsible decisions as they prepare to stay home without parents present.

Topics include first aid, fire safety, stranger awareness and Internet safety. A parent must attend this class



Retired Lt. Col. Tim Schiller, Mililani High School JROTC

**Mililani High School JROTC Cadet Capt. Brandee Schiller presents Lt. Gen. Jeffrey Talley, chief of the Army Reserve, with a lei. Talley met with cadets from Mililani High School to congratulate them on their recent success in the CyberPatriot competition and to provide them with encouragement.**

Army Reserve chief visits Mililani

**CADET CAPT. BRANDEE SCHILLER**  
Mililani High School JROTC

MILILANI — The chief of the Army Reserve, Lt. Gen. Jeffrey Talley, and his staff met with cadets from the Mililani High School JROTC to congratulate them on their recent success during the recent CyberPatriot competition, which challenges teams of students from the United States, Canada and Department of Defense schools abroad to resolve cyber security scenarios in simulated environments.

The Mililani Trojans placed third in the nation under the All-Service Army JROTC Division, taking Mililani to a new level of competitive achievement.

A few distinguished cadets had the opportunity to brief Talley on Mililani's Battalion Continuous Improvement Program (BCIP), Service Learning Projects (SLPs) and CyberPatriot (CP) successes.

Cadet Lt. Col. Skyler Robinson, an 11th grader and the Trojan Battalion commander, was one of the four who gave the brief.

It was nerve-racking to present the briefing, but Robinson was impressed with how engaging Talley was during his visit.

"This was a once-in-a-lifetime opportunity for myself

and the rest of Mililani's staff," Robinson said. "I'm so proud of Mililani JROTC and the direction we're headed because good work (and) ethics pay off."

During the question-and-answer session following the cadet briefings, Talley provided many insightful quotes for cadets.

"I was astonished by how professional he carried himself, as well as his motivating and touching words to the cadets," said Cadet Sgt. Maj. Jase Agoos, a 10th grader.

One of Mililani's finest first-year cadets, Cadet 2nd Lt. Travis Afuso, a 9th grader, took Talley's words to heart. "Before, I just wanted to command a naval vessel (in the U.S. Navy), but now my goal is to be the best Sailor I can be, despite rank. I want to see what I can contribute to the team," Afuso said.

In order to reach personal success, commitment and values play a huge role in becoming the best he can be. Talley and his staff not only congratulated the Mililani JROTC for its CyberPatriot success, they also relayed to cadets a message about the huge impact of service to your country.

This message was designed to remain on the minds of each cadet.

with his/her child. Call 655-4227.

18 / Wednesday

**EFMP** — The Exceptional Family Member Program invites patrons to the following:

- March 18, 9 a.m.-2 p.m., Ho'omaluhia Botanical Gardens catch and release fishing.
- April 3, 10 a.m.-noon, FS Easter egg hunt and crafts.

Registration is required at "class calendar" at [www.himwr.com](http://www.himwr.com). Call 655-4227 or 438-4227.

22 / Sunday

**Pottery Wheel Throwing** — Create a beautiful vase or decorative bowl at the pottery wheel throwing sessions at the SB Arts & Crafts Center, Sundays, from 11 a.m.-3 p.m., and Tuesdays from 5-8 p.m. Call 655-4202.

**Xbox Competition** — Do you have what it takes to withstand the brutal onslaught and relentless taunting of an Xbox gaming competition? SB Tropics Recreation Center presents the March Xbox challenge. Sign-up starts at 5:30 p.m., every Sunday in March. Games begin at 6 p.m.; must be 18 or older. Call 655-5698.

23 / Monday

**First Termers Financial Training** — This ACS Financial Resilience Center workshop focuses on basic financial skills to help develop self-reliance and personal responsibility designed to help understand personal finances while learning tools for financial success.

This is a mandatory program of instruction for first-term Soldiers, offered every Monday (except federal holidays), 8:30 a.m.-4:30 p.m., at SB

Bldg. 647. Soldiers must bring an end of month LES.

A certificate is awarded to each participant who completes the eight hours of instruction. Call 655-1866.

24 / Tuesday

**Quilting & Sewing Workshops** — Learn how to make quilts. Enjoy quality time with others at the quilting & sewing sessions, Tuesdays, 5-8 p.m., at the SB Arts & Crafts Center. Call 655-4202.

**Cooking Club for Teens** — The FS Teen Lounge is looking for teens who enjoy cooking, want to learn new recipes, want to participate in food tours and shows, and want to earn cooking award points towards reward excursions. The cooking club meets every Wednesday, 3-4 p.m. Call the teen manager at 438-6470.

Community Calendar

Send announcements a week prior to publication to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

Today

**Food Truck Event** — Leilehua High School hosts this fundraiser, 4-8 p.m., on the California Avenue front parking lot; features 20 vendors.

14 / Saturday

**Pacific Aviation Museum** — Ford Island museum features "National Memories Exhibit," opening March 14, as the first stop on the 2015 U.S. tour. The exhibit, which brings to life the camaraderie that existed between Chinese and U.S. Soldiers as their countries joined forces during World War II, has toured China and Taiwan since 2010.

**Eat the Street Block Party** — Mililani Town Association block party, 2-7 p.m., is expected to have 7,000+ participants. The event will close Lehiwa St., all traffic lanes and sidewalk areas, from Meheula Pkwy. to Hoalua St.

**Glow Run** — Bellows Air Force Station MWR is hosting a St. Patrick's evening fun run and festival, 5:30-9 p.m. Race check-in is at 6 p.m.; run at 7 p.m. Wear shoes and bring a flashlight or headlamp. No preregistration and not recommended for ages 7 and younger. Call 259-4112.

17 / Tuesday

**Shafter Housing Services** — Beginning 9 a.m., Tuesdays and Thursdays, through April 30, the Housing Services Office will conduct twice weekly in-processing briefs for newly arrived Soldiers at 111 7th St., Bldg. 1004, FS. Limit of 15 Soldiers per briefing. Contact Pam Hirota at 438-1518.

**St. Patrick's Day Parade** — Waikiki noon event is expected to have 800 marchers, 50 vehicles, two floats and five bands; it will last 90 minutes. It will start at Saratoga Road/Kalakaua Ave., ending at Kapiolani Park. Visit [www.irishclubhawaii.com](http://www.irishclubhawaii.com).

**Murphy's St. Patrick's Day Block Party** — It's in the Honolulu Chinatown area, with lane closures beginning at 11 a.m., for this annual event that attracts 5,000+ partici-

pants. Closing Nuuanu Ave. from King St. to Nimitz Hwy. Visit [www.examiner.com/article/honolulu-the-single-biggest-st-patrick-s-day-party](http://www.examiner.com/article/honolulu-the-single-biggest-st-patrick-s-day-party).

18 / Wednesday

**IPC FS Offices** — The IPC South Regional Office, Bldg. 1004, 111 7th Street, FS, to include the FS Housing Services Office (HSO) will be closed, 8 a.m.-2 p.m., March 18, due to a scheduled power outage. Contact Connie Yu Pampalone (IPC) at 275-3712 or HSO at 438-1518.

20 / Friday

**Cirque de la Symphonie** — Hawaii Symphony Orchestra's new production, 7:30 p.m., March 20, includes aerial flyers, acrobats, contortionists, dancers, jugglers, balancers and strongmen. Beginning March 16, \$20 military tickets are available with a valid ID (must purchase in person) at the Blaisdell Box office. Visit [www.blaisdellcenter.com](http://www.blaisdellcenter.com).

21 / Saturday

**Great Gun Show** — Two-day event at the Blaisdell Exhibition Hall begins at 10 a.m. Cost is \$6 admission; children under 11 free with paid adult. Visit [www.blaisdellcenter.com](http://www.blaisdellcenter.com).



23 / Monday

**Community Information Exchange (CIE)** — The next CIE (formerly known as the SIM, or Spouse Information Meeting) is 9 a.m., March 23, at the SB Nehelani. The focus of this meeting is installation and community matters. Garrison directorates and key service providers will offer details of upcoming events for 30-60-90 days, and the senior commander will host an open forum and Q&A session.

25 / Wednesday

**National Breakfast** — The USAG-HI Religious Support Office is hosting the National Prayer Breakfast, 7:30-9 a.m., March 25, at the SB Nehelani. Tickets are available from unit chaplains.

29 / Sunday

**"Ma Rainey's Black Bottom"** — The Actor's Group completes the August Wilson 10 play cycle portraying African-American life in each decade of the 20th century with this depiction of Chicago in the '20s, at 7:30 p.m., Thursdays-Saturdays; Sundays at 2 p.m., through March 29. Tickets for the Brad Powell Theatre production, 650 Iwilei Road, are available online at [www.taghaw.aii.net](http://www.taghaw.aii.net) or call 722-6941.



ASYMCA: Armed Services YMCA  
BCT: Brigade Combat Team  
BSB: Brigade Support Battalion  
Co.: Company  
CYSS: Child, Youth and School Services  
EFMP: Exceptional Family Member Program  
FMWR: Family and Morale, Welfare and

Recreation  
FRG: Family Readiness Group  
FS: Fort Shafter  
HMR: Helemano Military Reservation  
IPC: Island Palm Communities  
PFC: Physical Fitness Center  
SB: Schofield Barracks

SKIES: Schools of Knowledge, Inspiration, Exploration and Skills  
TAMC: Tripler Army Medical Center  
USAG-HI: U.S. Army Garrison-Hawaii  
USARPAC: U.S. Army-Pacific  
WAAF: Wheeler Army Airfield

worship Services

Additional religious services, children's programs, educational services and contact information can be found at [www.garrison.hawaii.army.mil](http://www.garrison.hawaii.army.mil). (Click on "Religious Support Office" under the "Directorates and Support Staff" menu.)

- AMR: Aliamanu Chapel
- FD: Fort DeRussy Chapel
- HMR: Helemano Chapel
- MPC: Main Post Chapel, Schofield Barracks
- PH: Aloha Jewish Chapel, Pearl Harbor
- SC: Soldiers' Chapel, Schofield Barracks
- TAMC: Tripler Army Medical Center Chapel
- WAAF: Wheeler Army Airfield Chapel

Buddhist Services

- First Sunday, 1 p.m. at FD
- Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

- Thursday, 9 a.m. at AMR
- Saturday, 5 p.m. at TAMC, WAAF
- Sunday services:
  - 8:30 a.m. at AMR
  - 10:30 a.m. at MPC Annex
  - 11 a.m. at TAMC
- Monday-Friday, 11:45 a.m. at Soldiers' Chapel and 12 p.m., TAMC

Gospel Worship

- Sunday, noon. at MPC
- Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

- Friday, 1 p.m. at MPC Annex
- Friday, 2:30 p.m., TAMC
- Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

- Friday, 7:30 p.m. at PH

Pagan (Wicca)

- Friday, 7 p.m. at Wheeler Annex

Protestant Worship

- Sunday Services
  - 9 a.m. at MPC
  - 9 a.m., at FD, TAMC chapel
  - 10 a.m. at HMR
  - 10:30 a.m. at AMR
  - 11:30 a.m. at WAAF (Spanish language)
  - 11 a.m. at SC (Contemporary)
- Liturgical (Lutheran/Anglican)**
- Sunday, 10 a.m. at WAAF



Call 624-2585 for movie listings or go to [aafes.com](http://aafes.com) under realtime movie listing.



The Wedding Ringer (R)

Fri., March 13, 7 p.m.

Spongebob Squarepants Movie: Sponge Out of Water (PG)

Sat., March 14, 4 p.m.  
Sun., March 15, 2 p.m.



Strange Music (PG)

Sat., March 14, 7 p.m.

Seventh Son (PG-13)

Thurs., March 19, 7 p.m.

No shows on Mondays, Tuesdays or Wednesdays.









**Kolekole Trail**  
Open following dates:  
• March 14, 2-6:30 p.m.  
• March 15, 5:30 a.m.-6:30 p.m.  
• April 4-5, 5:30 a.m.-6:30 p.m.

Photos courtesy of Amy Moore

Boy Scout Brian Moore, right, cuts boards to form natural steps on the Kolekole Trail for his Eagle Scout project. He receives guidance from Pfc. Lukas Gregory of Fort Shafter’s 5th Engineer Detachment.

# Eagle Scout project opens the Kolekole Hiking Trail

**MAJ. CHRISTOPHER BERGE**  
25th Infantry Division

SCHOFIELD BARRACKS — Four Soldiers from the 5th Engineer Detachment, 84th Eng. Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, volunteered for Saturday’s Eagle Scout project.

Their effort provided a lion’s share of the manpower and technical construction skills required for several of the tasks to complete the project.

Their presence also provided Scout Brian Moore the opportunity to exercise leadership with adults outside of Troop 24, which is a valuable experience that will pay him dividends in the future.

On Saturday, crews cleared brush, emplaced several guideposts and stairs, and prepared the trail for the general public.

This Saturday, March 14th, Troop 24 will finish the remaining tasks required to reopen the Kolekole Trail following a 2 p.m. ribbon-cutting (or untying of the lei) ceremony.

Scout Brian Moore said that he is looking forward to completing this project, not only as a requirement to earn his Eagle Scout rank,

but also for his community.  
*(Note: Berge is the chief of Facilities for 25th ID.)*



Boy Scout Cristian Harris, left, and Pfc. Lukas Gregory of Fort Shafter’s 5th Engineer Detachment cut posts to form new stairs on the Kolekole Trail.

# Gum disease can be controlled with improved oral hygiene habits

**LISA J. YOUNG**  
Army News Service

The ability to speak, smile, smell, taste, chew, swallow and convey our feelings and emotions through facial expressions is an essential part of everyday life, but is easily taken for granted.

These activities are dependent on having good oral health; however, oral diseases cause pain, impaired function and disability for millions of Americans.

One oral disease that is frequently overlooked is gum disease. If you think gum disease only happens to older people, think again.

According to the American Dental Association, it only takes 24 hours for enough bacteria to form in the mouth to start causing gum disease.

bone that support the teeth. It is caused by a buildup of plaque, an invisible sticky layer that forms on the teeth and gums.

Plaque contains bacteria, which produce toxins that irritate and damage the gums. If plaque isn’t removed by daily dental care, over time it will harden into a crust called calculus (or sometimes tartar).

Initially, the plaque and calculus cause irritation of the gums. This is referred to as gingivitis. Over time, if not addressed, the gingivitis can progress until the gums detach themselves from the teeth, forming pockets.

The body’s attempts to fight off the bacteria

## Twice a Day Fights Decay

Brush with fluoride toothpaste at least two times a day to improve your oral health



Courtesy photo

also causes the bone that surrounds and supports the teeth to be lost. The irritation has now become gum disease, called periodontitis.

Untreated gum disease can cause problems ranging from the embarrassing, like bad breath, to the very serious and painful, like loose teeth that may fall out. Gum disease may also be related to damage elsewhere in the body.

Recent studies indicate associations between oral infections and type 2 diabetes, heart disease, stroke and lung infections.

**Gum disease development**  
Some people inherit an overactive immune

cell tendency from their parents that makes them more susceptible. Despite genetic contribution, your behavior and environment can also significantly contribute to gum disease.

Poor diet, not enough sleep and too much stress leave your body vulnerable to infection, including your gums. A poor diet that is low in vitamin C, calcium, vitamin D or magnesium can compromise gum tissue’s ability to heal and can speed up bone loss.

Some medical conditions, including diabetes, and certain medicines, increase the risk of gum disease.

Girls have a higher risk of gingivitis due to female sex hormones that can make gums more sensitive to irritation.

The most serious culprit is tobacco. According to the American Dental Association, people who use tobacco have more plaque and tartar

See GUMS B-6





Maj. Jennifer Rodriguez, Tripler Army Medical Center

A healthy diet is full of fruits and vegetables (vitamins, minerals and fiber), lean protein (chicken, fish and soy), unsaturated fats and plenty of water.

# Beneficiaries should examine the meaning, goals of ‘well-being’

HONOLULU — Most people view “being healthy” as desirable, sought after and often elusive.

There are many definitions of healthy leading to quite a bit of dispute over what it is to be healthy.

Exploring what the healthy label might imply may shed light on our individual understanding of what health means to us, and it may better help us reach our personal health goals.



**ASK THE DIETITIAN**

**ELIZABETH JIMENEZ**  
Tripler Army Medical Center

has lots of fruits and vegetables (providing vitamins, minerals and fiber), good sources of lean protein (chicken, fish and soy), unsaturated fats and plenty of water. A healthy diet also limits the amount of processed foods high in refined sugars, salt and saturated fats. This doesn’t mean never having these foods, but eating them in moderation and eating mostly whole foods that have little added to them.

Eating breakfast, lunch and dinner, with small snacks in between, is a good way to keep from getting too hungry, which may lead to eating junk foods. Remember, balance is the key and eating a healthy diet should be enjoyable and tasty, not a miserable experience.

**Moving healthy**

According to the World Health Organization, physical activity is defined as any bodily movement produced by skeletal muscles, which requires energy expenditure, meaning that a lot of everyday activities we do are healthy. Walking around the block, up the stairs, mowing the yard and swimming at the beach are all good ways of being active.

The United States Department of Agriculture recommends two and a half hours each week of activity at a moder-

ate level, or one hour and fifteen minutes each week of vigorous activity for adults 18-64 years old. Think of what activity you like to do; this is a good place to start.

Do something that you enjoy, that helps you to relax, relieve stress or is also a great social outlet. Find something you enjoy that works for your lifestyle. That is often the best way to ensure long-term success.

**Thinking healthy**

A big part of being healthy that usually gets overlooked is mental attitude and outlook. Keeping an open mind, being positive, mindful, motivated and practicing self-acceptance are all important.

Begin to consider how our health is linked to our diet, activity and mindset. This is a huge positive step toward improving our health.

Even if we don’t always know what to look for in the store, or how many laps to swim, by building that awareness we are already valuing our health. In that way we are laying the foundation for a healthy lifestyle.

Being kind to ourselves, being mindful and honoring the work we do to make healthy changes are all important pieces of the healthy puzzle.

Learning to accept what we see as flaws, but still being motivated to reach goals will lead to further personal success and happiness.

*(Note: Jimenez has a bachelor of Science in Food Science and Human Nutrition, and is a University of Hawaii at Manoa student who is doing clinical rotations with Tripler Army Medical Center’s Nutrition Care Department.)*

# Focus on fitness

**MATTHEW R. PETRONE**  
Army News Service

FORT LEE, Virginia — By now, the allure of your New Year’s resolutions has gone and the beginning of self-deprecation is starting to set in.

Do not fret about it now; start today by focusing on goals to maintain fitness and overall physical health.

Any type of exercise is better than no exercise. A simple goal could be doing a 10-minute brisk walk once a day. The healthy benefits of just 10 minutes of exercise are reduced blood pressure, decreases in overall weight and actually increasing your energy.



File photo

**Routine exercise improves sleep, mental alertness.**

If you are a desk worker, split 10 minutes up in five-minute bursts, twice a day, and you will virtually reverse the effects of sitting all day.

If one is wishing to get a better night’s sleep, it seems that resistance exercise for 30 minutes can help individuals get to sleep faster – no matter what time of the day exercise is performed. In one study, groups were assigned to measure quality of sleep depending on when they performed their resistance training at either 7 a.m., 1 p.m., or 7 p.m. The study found that all groups had better quality of sleep.

Still, poor quality of sleep has been associated with cardiovascular disease, diabetes and obesity, to name a few health risks.

Some people would like to be smarter. A little known fact is that greater amounts of exercise are related to higher cognitive function. In a few recent studies, there is a risk reduction of dementia directly related to the amount of exercise. Exercise sessions were performed three times per week for a minimum of 30 minutes each, but this doesn’t mean that if people cannot do 30 minutes they shouldn’t try.

Any exercise will help. As the study states, it is a complex relationship of exercise and brain function with a plethora of varying influences.

We would all like to look better or lose weight. Instead of trying to take the fast road, stick with something a little more focused on the slow.

# Gums: Disease can escalate into major issues

CONTINUED FROM B-5

buildup and are three times more likely to have gum disease than people who have never smoked.

How do you know if you have gum disease? Gum disease can be sneaky, causing little or no pain or irritation before damage is done.

Do your gums bleed when you floss or brush your teeth? This is usually a sign of gingivitis, the mildest form of gum disease. Other warning signs include gums that are red, swollen or tender, gums pulling away from teeth, bad breath that won’t go away, painful chewing and loose teeth.

If you are a Soldier, it is especially important for you to take good care of your teeth and mouth. Dental care may not be readily available when you are in the field or deployed, and a problem that seems small can escalate into a major



File photo

**Experts endorse brushing twice a day for at least two minutes.**

health issue.

**Risk reduction**

To reduce the risk of gum disease, follow these recommendations:

- Brush twice a day for at least two minutes each time with fluoride toothpaste; floss daily.

- Use a toothbrush with a soft bristle brush, and replace your toothbrush every three to four months.
  - Eat a healthy diet that includes foods rich in vitamin C, calcium and vitamin D.
  - Avoid in-between-meal snacks and junk foods with sugar and starch that plaque-causing bacteria love to feed on.
  - Don’t smoke or use smokeless tobacco.
  - Visit your dentist at least annually for check-ups.
  - Get your teeth cleaned once or twice a year to remove plaque and stubborn calculus that you might not be removing properly with your daily brushing or flossing.
- Fortunately, gum disease is preventable. Take care of your teeth and your children’s teeth, to keep gum disease at bay for you and your family.
- (Note: Young is a health educator at U.S. Army Public Health Command.)*



# Traumatic Brain Injury awareness encouraged

**STAFF SGT. JOSEPH C. HILL**  
Army News Service

ABERDEEN PROVING GROUND, Maryland — Throughout the year, we designate specific months to remind us of varying topics that are important to our well-being and/or culture.

March is intended to remind us of the serious impact of traumatic brain injuries, or TBI, throughout our population.



Courtesy of U.S. Army

**March is TBI Awareness Month. TBIs occur when neurons or nerves in the brain are stretched too far and sometimes break. This causes normal chemical and electrical functions of the the brain to become disrupted and impaired.**

**CDC tracking**

The Centers for Disease Control and Prevention, also known as CDC, reports that approximately 2.5 million emergency room visits, hospitalizations or deaths were associated with a singular TBI or a combination of a TBI and additional sources of injury.

Traumatic brain injuries are responsible for an estimated 50,000 deaths per year.

The Defense and Veterans Brain Injury Center, or DVBIC, tracks the total number of service members throughout the Department of Defense whom have been diagnosed with a TBI. Since 2000, over 313,000 service members have been diagnosed with a TBI.

**TBI concerns**

These statistical numbers reflect the relevance of TBI, but why should we be concerned about a TBI?

TBI-associated costs within the U.S. are estimated at a staggering \$56 billion annually. The DOD spends an estimated \$1.1 billion annually on TBI education and treatment.

There are more than five million Americans living with a TBI that has resulted in a permanent need for assistance in daily functioning. These TBI survivors are left with severe behavioral, cognitive and communicative impairments.

TBIs pose a significant public health problem, especially for children aged 5 years and younger, male adolescents and young adults ages 15 through 24, and the elderly who are 75 years or older. This form of injury is the most common cause of death and acquired disability among children and adolescents.

Dr. Carolyn Caldwell, a neuropsychologist assigned to Kirk U.S. Army Health Clinic, Aberdeen Proving Ground, Maryland, is far too familiar with the effects that TBI has on an individual and their loved ones. On a daily basis, she treats the survivors of these traumatic injuries and the aftermath it creates within their occupational, social, family and interpersonal environment. She has published multiple peer-reviewed articles on the subject.

Caldwell said the mechanism of injury in a mild TBI, the most common severity type, may be different. For example, a service member might be involved in an improvised explosive device, or IED, blast, an adolescent might take a hard hit in a football game or an elderly person might experience a fall, but the impact on the individuals is similar.

Following a mild TBI, it is common for individuals to ex-

perience headache, sleep disturbance, difficulty with balance, reduced attention/concentration, reduced memory ability, irritability and/or mood swings.

**Treatment**

Regardless of age or type of injury, there is one common treatment for everyone following TBI – physical and cognitive rest. With adequate rest, the brain will recover its normal chemical and electrical balance.

Most individuals will recover from a mild injury within days to a few weeks, but as a community, recognition of TBI’s seriousness is a step towards injury prevention.

*(Note: Hill works in Behavioral Health Care Services, Aberdeen Proving Ground.)*

**Resources**

The CDC reports that approximately 2.5 million emergency room visits, hospitalizations or deaths were associated with a singular TBI, a combination of a TBI and additional sources of injury.

For resources about education, treatment and prevention, visit the CDC at [www.cdc.gov/TraumaticBrainInjury/index.html](http://www.cdc.gov/TraumaticBrainInjury/index.html).

Visit the Defense and Veterans Brain Injury Center at <http://dvbic.dcoe.mil/resources>.

# Measles vaccinations urged

**LT. COL. ANN LOVELESS**  
Army News Service

Measles vaccination is important, since we are protecting our children who are too young to be vaccinated against the highly infectious viral disease.

The best way to prevent measles is by everyone getting vaccinated with the measles-mumps-rubella vaccine.

Individuals who are vaccinated and immune to measles act as a shield around those who cannot get the shot, which includes children under 4 or individuals with allergies or illness.

When vaccination numbers decrease, that shield (i.e., herd immunity) develops holes that the infection can slip through.

**Beware**

Measles is highly contagious. A person infected with measles can spread the disease to others up to 24 hours before symptoms start.

By the time the rash appears four days later, a person has been contagious for nearly five days on average.

If you are unvaccinated (i.e., not immune) and you come in contact with a person infected with measles, you have a 90 percent chance of getting measles.

The viral disease starts with a cough, runny nose, high fever and red-watery eyes, followed in three to five days by a rash that starts on the face and spreads to the whole body.

Common complications include ear infections and diarrhea. Serious complications include pneumonia (most common cause of death) and encephalitis (brain swelling).

The youngest, oldest and sickest are at



Courtesy photo

**The best way to prevent measles is by everyone getting vaccinated.**

highest risk of serious complications. In unvaccinated pregnant women, measles can cause preterm delivery and low birth weight babies.

If you have not done so already, protect yourself and our community and have yourself and your family vaccinated.

If you think that you or a loved one has the measles, please call your health care facility before showing up. This will allow them to be prepared to care for you and prevent spread of this illness to patients in the waiting room.

*(Note: Loveless is chief of Preventative Medicine, General Leonard Wood Army Community Hospital, Fort Leonard Wood, Missouri.)*

**Learn More**

More measles information is available at [www.cdc.gov/measles/about/index.html](http://www.cdc.gov/measles/about/index.html).